MUSICAL CHAIR

NICKI MINAJ IS THE LATEST DIVA SLATED TO TAKE A SEAT AT THE AMERICAN IDOL JUDGES' TABLE PAGE 22

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Police close to ID'ing victim

Body parts. Remains found in Mississauga, Scarborough belong to same woman, police say

Investigators believe remains found in Scarborough are human and are from the same person as those found last week in a Mississauga park, Peel police said Monday.

Police confirmed that an arm, two calves and a thigh were found around West Highland Creek on the weekend.

Sgt. Pete Brandwood said investigators are still trying to definitively link the Mississauga and Scarborough cases, but "pathologically and forensically, those things will take a while."

Police also think they're close to identifying the remains, believed to belong to a female who was a victim of foul play.

Investigators have gone through missing-persons cases in the Peel and Toronto regions to identify women that match the uncovered evidence.

They have isolated several potential victims from the list and contacted their families, Brandwood said. "I don't want to put the fear of God into (other) people who have family members who are missing."

Brandwood spoke Monday at Hewick Meadows Park in Mississauga, where the first remains were found last week.

The investigation started Wednesday when a pedestrian found human remains near the banks of the Credit River.

TORSTAR NEWS SERVICE

QUITE THE SPLASH

Annaleise Carr, 14, is greeted by her family after facing a large gathering of media and supporters at a press conference in Port Dover, Ont., on Monday. On Sunday night, Carr became the youngest swimmer to cross Lake Ontario. She raised more than $100,000 for charity in the process. TORSTAR NEWS SERVICE

TIFF gala gets down

Film fest moves opening bash to heart of downtown PAGE 4

Speak our language?

New immigration rules to favour language skills PAGE 8

Qur'an fury smouldering

Blasphemy case continues to provoke Muslim reaction PAGE 10

What a juice detox can do

Follow our guide for a healthy 'food rehab' cleanse PAGE 23

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See participating retailers for complete details and conditions. • $19,995 Purchase Price applies to 2012 Dodge Grand Caravan Canada Value Package (29E) only and includes $8,000 Consumer Cash Discount. $19,995 Purchase Price applies to 2012 Dodge Journey Canada Value Package (22F) only and includes $2,000 Consumer Cash Discount. $24,995 Purchase Price applies to 2012 Ram 1500 Quad Cab SXT 4x4 (23A+AGH) only and includes $9,750 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400–$1,595), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. 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See your retailer for complete details. ❖The $250 One Day Bonus Cash offer includes applicable taxes and consists of $250 from your retailer. The One Day Bonus Cash offer is available on the retail purchase/lease of the following eligible new vehicles on August 21, 2012 only, at participating retailers: 2012 Chrysler Town & Country, 2012 Dodge Grand Caravan (excludes CVP), 2012 Dodge Journey (excludes SE/CVP) and Ram 1500 (excludes Regular Cab models). $250 Bonus Cash will be deducted from the negotiated purchase/lease price after taxes or may be used, at customer's option, to reduce their first monthly payment(s) or towards the purchase of Mopar accessories or service packages. Some conditions apply. See your retailer for complete details. ■Based on *Ward's* 2011 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ^Based on R. L. Polk Canada, Inc. January to October 2011 Canadian Total New Vehicle Registration data for Chrysler Crossover Segments. +Longest-lasting based on longevity. Based on R. L. Polk Canada Inc. Canadian Vehicles in Operation data as of July 1, 2010 for model years 1987 – 2011. ‡3-Star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). ◊Based on 2012 EnerGuide full-size truck V8 to V6 fuel economy comparison. ▫Based on 2012 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. 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Ripley's. Aquarium facing outcry over sharks

News that Ripley Entertainment is capturing sharks for its Toronto aquarium was a tipping point for animal rights activists opposed to the facility's construction.

A petition began circulating online and a group popped up on Facebook after Torstar News Service published an article on Aug. 12 detailing the methods Ripley's is using to catch sand tiger sharks off the coast of South Carolina for its aquarium, set to open in 2013.

The petition, addressed to city council, has a goal of 10,000 signatures. Created the same day the article came out, it had received more than 1,100 signatures by Monday from all over the world.

Its creator, Bob Timmons, said he has been expressing concerns over aquariums for years, but it was only after reading the Torstar article that he felt he needed to put added pressure on decision-makers.

"The capture of endangered sharks stirs up a lot of angst in me," said Timmons, the Ontario co-ordinator of Sea Shepherd Conservation Society. **TORSTAR NEWS SERVICE**

No serious injuries

Six taken to hospital after crash near ACC

Six people were taken to hospital after a collision in downtown Toronto on Monday night that shut down the intersection of Bay and Harbour streets.

A Toyota sat in the intersection with a badly dented front end, while a SUV was flipped onto its side. It appeared the car had T-boned the SUV in the intersection. **TORSTAR NEWS SERVICE**

Queens Quay. From ugly duckling to 'waterfront showpiece'?

Artist's rendering of pedestrian promenade to be built on Queens Quay as part of Waterfront Toronto's revitalization. CONTRIBUTED

A Canadian landscape magazine once ranked Queens Quay among the world's worst streets, declaring it "perhaps the ugliest urban waterfront boulevard of any major city."

Fast forward to 2015 and Queens Quay's ugly days could be over. A $110-million revitalization project launched last month after years of delay aims to transform a 1.5-kilometre stretch from Bay Street to Spadina Avenue into a model streetscape.

The redesign will cut out two traffic lanes to make way for a wide pedestrian promenade, bike lanes and a new streetcar corridor. The plan's architects have promised the new Queens Quay will be a "waterfront showpiece" — this city's Champs-Elysées.

Though the plan to improve Queens Quay has been in the works since 2006, shovels are only set to hit the ground in September, two years after construction was expected. **TORSTAR NEWS SERVICE**

Crane collapse knocks hydro wires onto bus

Kipling Avenue. Construction mishap leaves hundreds without power, traps passengers on TTC bus

Accident fallout

- EMS officials say three people sustained minor injuries and the Ministry of Labour is investigating.
- The busy stretch of Kipling may be closed for days as a result of the accident.

An Etobicoke neighbourhood was left without power for much of Monday afternoon and into the evening after a collapsed construction crane toppled hydro wires in the area when it fell onto Kipling Avenue.

The live wires hit a TTC bus, stranding passengers for more than an hour. Hours later a partially fallen hydro pole sat at an angle, dangling over the abandoned bus, now surrounded by police tape and hydro vehicles.

Doreen, who asked that her last name not be used, was out watering the tomatoes in her backyard when she heard an explosion and looked up to see the red and white crane in the construction site that faces her backyard start to topple.

"It looked like something got unbalanced," she said. She watched as it tipped toward the street in slow motion. After another small explosion of sparks the crane toppled over, leaving the wheels in the air and the long metal boom lying on Kipling Avenue turning part of the building to rubble as it took some of the structure down with it.

The crane was being used on the expansion site of Kipling Acres nursing home.

Police say the crane flipped onto Kipling Avenue between Rex Gate and Hinton Road around 1:15 p.m. It sent live hydro wires onto a TTC bus driving north on Kipling.

TTC spokesperson Sandra Martin said 28 occupants, including the driver, were held until power was turned off, following standard procedure. They were on the bus until about 3 p.m. **TORSTAR NEWS SERVICE**

A shot of the construction crane that collapsed in Etobicoke on Monday afternoon. The crane was working on the expansion site of a Rexdale retirement home when it sent live hydro wires onto a TTC bus.
CARLOS OSORIO/TORSTAR NEWS SERVICE

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Mobile news

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OMB. Family files new appeal to save illegal home addition

A family that has fought for six years to prevent the demolition of an illegal backyard home addition has filed another appeal to the Ontario Municipal Board, which rejected the first appeal in 2008.

"We don't hurt anybody. The neighbours, the city, speak out like we are very bad person. We are not bad person. We just want our addition allowed. We don't have anywhere to go," Shih Tseng said on Monday.

Shih Tseng, 76, lives in the Brunswick Avenue house with his disabled wife, Yang Tseng, 70. He says they need the addition to allow his wife to live comfortably on one floor.

The Tsengs built the two-storey, $80,000 addition without permits in 2006. Their attempts to get it retroactively legalized have been dismissed by the city's committee of adjustment, the OMB and the courts.

City lawyers say they will attend the OMB hearing to oppose the new appeal. If the OMB denies this appeal, the Tsengs can then ask the courts to hear a final appeal. Shih Tseng said they have also made a plea to the United Nations Human Rights Committee.

TORSTAR NEWS SERVICE

Quoted

"We cannot sleep, we cannot eat. We only drink water. It's terrible. We are so frightened."

Shih Tseng

Shih Tseng and his wife, Yang Tseng

TORSTAR NEWS SERVICE

Parenting. Groups decry motherhood league's ban on man who breastfeeds

Breastfeeding advocates and parenting gurus are voicing support for a transgender Winnipeg man, who nurses his infant son, in the wake of a motherhood support group's refusal to allow him a leadership role with the organization.

"La Leche League Canada's decision is discriminatory," said Annie Urban, who writes the parenting blog phdinparenting.com. "It is time for La Leche League to update its guidelines and recognize that breastfeeding is not exclusively a mother's domain."

La Leche League Canada (LLLC) recently informed Trevor MacDonald, 27, that he could not lead support circles or serve as a breastfeeding coach because he identifies as a man, which contravenes the organization's policy definition of motherhood.

Elisabeth Sterken, director of INFACT Canada, a group that promotes breastfeeding, called LLLC's policy "unacceptable."

While LLLC has publicly supported MacDonald's right to breastfeed his 16-month-old son, the group said it has no plans to budge.

"It would take a lot of discussion over probably a long period of time before anybody was ready to even consider changing policies that would be in the best interests of La Leche League's mission," Fiona Audy, chair of the group's board of directors, said on Monday.

TORSTAR NEWS SERVICE

ROXXing out the end of summer

Kids spin, toss and flip the hot new back-to-school toy ROXX at Sugar Beach on Monday. ROXX star Sean Joseph, far left, lays it down with Verity, Manniv, Alessandro and Stefania. ROXX was created by one of the masterminds behind Pogs, the popular collectible from the 90s. CONTRIBUTED

Film fest turning over a new Leaf

Toronto International Film Festival. Opening night party moving to Maple Leaf Square

For the first time since 2001, the splashy opening party for the Toronto International Film Festival is moving downtown. The star-studded bash, which follows the Sept. 6 world premiere of Looper at Roy Thomson Hall, will take place at Maple Leaf Square at the Air Canada Centre.

"It's a hop, skip and a jump" from the festival's heart at the TIFF Bell Lightbox at King and John streets and Roy Thomson Hall, said Barbara Hershenhorn, president of Party Barbara Co. and organizer of the opening bash.

Barbara Hershenhorn

TORSTAR NEWS SERVICE

Some 3,000 guests will mingle among Maple Leaf Square's restaurants and outdoor spaces after the screening of Rian Johnson's time-travel thriller, starring Joseph Gordon-Levitt, Emily Blunt and Bruce Willis. The 11-day festival wraps up on Sept. 16.

The huge TIFF opening gala has been held at the Liberty Grand Entertainment Complex at Exhibition Place since 2001 and Hershenhorn says shifting the action closer to downtown will make it easier for festival partiers to reach. Work crews have been busy sprucing up outdoor spaces, which Hershenhorn says will be ready to welcome partiers.

"We're playing on the theme of Looper, which takes place in several different locations within Shanghai, France and Kansas," Hershenhorn said. "The food will relate back to those locations."

TORSTAR NEWS SERVICE

Hot ticket

- The opening-night party will flow around the entire entertainment complex, with three DJs, two performance venues and outdoor video screens, Barbara Hershenhorn says.
- And because you can't start planning too early, Maple Leaf Square was also announced as host of the opening-night party for TIFF 2013.

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Forgotten at airport on Christmas Eve, foreign student vows to help other newcomers

For 21-year-old Parth Tadhani of Gurgaon, India, the dream of studying in Canada turned into a nightmare when he landed in Toronto on Christmas Eve, 2010, and a former classmate failed to meet him at the airport.

"It was freezing cold, and I was afraid since I didn't know where to go," recalls Parth, who waited five hours at the baggage claim before he reached a relative of his old schoolmate, who came and offered temporary shelter.

Things didn't improve soon either, since Parth struggled to master English and keep up with his electro-mechanical engineering studies at Centennial College. Every detail of daily life was confusing, including managing his money. Without a bank account, he nervously stashed cash in his room, and when he finally opened an account at a major bank, no one explained how to use debit or credit cards.

Fortunately Parth persisted and learned the Canadian ways, by making friends at college and at his apartment block, where a kindly building superintendent advised him about everything from catching a bus to depositing money at an ABM.

Parth then pledged to help other newcomers avoid stressful arrivals in Canada, like his. He contacted a community centre in India to spread the word that he could assist any Indian students landing in Toronto. Soon, he was busy exchanging e-mails with foreign students, greeting them at the airport, teaching them to use transit and register for school. At Centennial College, where students hail from around the world, his advice was quickly in demand.

Parth provides his peers future-minded financial tips, like telling them to get a credit card, and make the payments regularly, so they can build a credit history and access loans later if needed. Today, he suggests the ***Scotiabank StartRight***® Program[1] for International Students, which includes special product offerings to provide worry-free financial solutions while studying in Canada.

Parth now knows that international students can actually apply for a bank account in Canada through select Scotiabank branches in India and Mexico or in China through China Everbright Bank, before leaving their home country, to reduce their financial concerns.

Not expecting any thanks for his volunteer duties, Parth was amazed when he was invited to a formal ceremony at City Hall last October to receive a City of Toronto Community Service Award, as well as a $500 award from Scotiabank, to recognize his good deeds for international students.

"Parth's commitment to his peers and to helping them start right is much like the efforts of our Scotiabank advisors", remarks Winnie Leong, Vice-President, Multicultural Banking at Scotiabank. "Every day, our advisors are able to help newcomers through our ***Scotiabank StartRight*** Program, offering advice and financial solutions to help them plan for their dreams in Canada. Many of these same advisors were new to Canada once, and they understand what it's like to just be starting out."

"I volunteered because someone helped me and I want to make sure that others have fewer problems," says Parth, who is graduating with top marks while he works as a peer tutor and applies for a Masters degree in engineering. "I'm happy there are people out there, including Scotiabankers, who can help remove the difficulties that newcomers often experience."

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A welcome face on campus: Parth Tadhani helps newcomers at his Toronto college adapt to life in Canada.

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Canada's future lies in North, says Harper

Annual Arctic sojourn. PM kicks off northern tour with bullish vision of taking advantage of region's oil, gas and mineral resources

Prime Minister Stephen Harper and his wife Laureen pet a husky dog as they tour Caribou Crossing, Yukon, Monday.
ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper says Canada's future lies in the exploitation of the nation's northern resource riches, branding it as a "great national dream."

Harper kicked off his annual tour of Northern Canada Monday with a bullish vision that sees the country's prosperity fuelled by untapped Arctic resources.

"Those who want to see the future of this country should look north," he told a gathering of Tory supporters.

"Because that great national dream — the development of northern resources — no longer sleeps. It is not down the road. It is happening now. The North's time has come, my friends, and you ain't seen nothing yet."

Harper made the comments even as controversy flares on another resource front — the plan to pipe Alberta oil over sensitive British Columbia lands to the Pacific coast and on to Asian markets.

But the turbulence bubbling in the west over the pipeline hasn't dampened Harper's view that Canada's future fortunes lie in exploiting oil, gas and mineral resources.

Harper said mineral exploration is already reaching unprecedented levels across the North, with some 30 new projects to be developed over the next decade. TORSTAR NEWS SERVICE

Unpaid fines. Feds looking to recoup more than $137 million

The federal government is looking to hire a collection agency to recoup millions of dollars in unpaid fines.

A letter of interest posted on a government contracting website shows 22,313 people owed close to $129 million in unpaid fines as of March 31, 2011. The government said Monday that as of July 31, that number has since risen to more than $137 million.

"Specific services of PPSC are required to collect outstanding federal fines owed to Canada, including Criminal Code fines, surcharges and court costs ordered with the federal fine at sentencing. This includes legal costs where applicable, using appropriate collection methods," the document says.

The Atlantic provinces had the most outstanding accounts, with 6,618, followed by Alberta with 4,129 and Quebec with 3,132.

Before 1996, the Criminal Code called for people to automatically be sent to jail for not paying fines, according to a PPSC spokesman. But changes to the code ended that practice.

The National Fine Recovery Program started in 2002 to collect money from people convicted of crimes under federal law.

There are small fine-recovery teams in eight cities: Vancouver, Edmonton, Saskatoon, Winnipeg, Toronto, Ottawa, Montreal and Halifax. The program employs about 19 paralegals and clerks as well as part-time prosecutors, the document says. But funding for the program ends next March.
THE CANADIAN PRESS

Debt collection

In 2010-11, the report says, debt collectors recovered just $5 million — down 15 per cent from the previous year.

- Nearly all fines collected were in the $5,000 range, and the government closed 1,600 case files.
- Around 150 people were jailed between April 2010 and March 2011 for refusing to pay their fines, the annual report notes.

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Ottawa revamps system for judging applications of skilled immigrants

Citizenship. Language proficiency becomes most important factor

Ottawa is revamping the point grid it has used for the past 10 years to judge skilled-immigrant applications.

The proposed revisions, to go into effect next January, will put more emphasis on language skills and professional credentials equivalent to Canada's — while de-emphasizing work experience abroad.

This would be the first major overhaul of the immigration point-grid system since 2002, when the Liberal government of the day lowered the passing mark and jiggled minor point allocations.

Under amendments to the federal-skilled-worker program published Friday, language proficiency — a strong indicator of how well new immigrants do economically — will become the most important factor in whether applicants are approved, worth a maximum of 28 points, up from 24.

The total "passing" mark will remain at 67, but the revised grid will favour younger immigrants by awarding a maximum of 12 points for applicants in the 18 to 35 age bracket. Applicants over 46 would get 0 points.

"These changes will reflect the relative value Canadian employers place on foreign work experience, and redirect points to language and age factors, which are better indicators of success," said the government statement.

TORSTAR NEWS SERVICE

Proposals

Citizenship and Immigration Canada is also proposing to reduce the total number of points given for work experience from 21 to 15, and increase the years of experience required to achieve full points from four years to six.

- Changes are also contemplated to the Canadian Experience Class, which allows highly skilled foreign nationals with Canadian work experience, or graduates from a Canadian university, to apply for permanent residency.

Fire sweeps through Croatian countryside

Croatian firefighters attempt to extinguish a forest fire near the town of Perkovici near Sibenik, 230 kilometres south of Zagreb, Croatia, on Monday. Firefighters fought a fire that destroyed a large swath of forest and scrub land near the Adriatic coast.

SULEJMAN OMERBASIC/THE ASSOCIATED PRESS

Venezuela

More than 20 dead in prison riot

More than 20 people were killed during a prison riot in Venezuela as two groups of inmates waged a gun-battle inside the penitentiary, officials said Monday. It was the latest in a series of bloody clashes that have flared in Venezuela's overcrowded prisons, and has become a major problem for President Hugo Chavez's government.

THE ASSOCIATED PRESS

Mexico

Two killed in running of bulls

Health authorities say two people are dead and 18 injured after this weekend's running of the bulls in the small central Mexico state of Tlaxcala. Tlaxcala state Health Department spokesman Yered Gallardo says the dead include one man who was crushed against a barrier by a charging bull. Another elderly man died Sunday after a bull escaped its enclosure and went running through the streets.

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Alleged burning of Qur'an ignites fiery response

Local women walk by the locked house of a Christian girl in a suburb of Islamabad on Monday. Pakistani authorities arrested the girl after furious neighbours surrounded her house and accused her of burning pages of the Qur'an.
B.K. BANGASH/THE ASSOCIATED PRESS

Young girl in prison. Case demonstrates deep emotion blasphemy cases can provoke among conservative Muslims

A Christian girl was sent to a Pakistani prison after being accused by her furious Muslim neighbours of burning pages of the Islamic holy book, the Qur'an, in violation of the country's strict blasphemy laws.

A police official said Monday there was little evidence that pages of the book had been burned and that the case would likely be dropped.

But hundreds of angry neighbours gathered outside the girl's home last week demanding action in a case raising new concerns about religious extremism in this conservative Muslim country.

Some human-rights officials and media reports said the girl was mentally handicapped. Police gave conflicting reports of her age as 11 and 16.

Police put the girl in jail for 14 days on Thursday after neighbours said they believed a Christian girl had burned pages of a Qur'an, gathering outside her house in a poor outlying district of Islamabad, said police officer Zabi Ullah.

He suggested she was being held for her protection.

"About 500 to 600 people had gathered outside her house in Islamabad and they were very emotional, angry and they might have harmed her if we had not quickly reacted," Ullah said.

Almost everyone in the girl's neighbourhood insisted she had burned the Qur'an's pages, even though police said they had found no evidence of it. One police official, Qasim Niazi, said when the girl was brought to the police station, she had a shopping bag that contained various religious and Arabic-language papers that had been partly burned, but there was no Qur'an.
THE ASSOCIATED PRESS

Blasphemy law

- Under Pakistan's blasphemy laws, anyone found guilty of insulting Islam's Prophet Muhammad or defiling the holy book can face life in prison or even execution.
- Critics say the laws are often misused to harass non-Muslims or target individuals.

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An introduction to conflict analysis, negotiation, mediation and arbitration. Gain insight into the practice of ADR and will have the opportunity to develop effective negotiation and mediation skills.

ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

Regina

Razor blades found in pool

Police are investigating after staff at an outdoor pool found razor blades at the bottom of the pool.

The city says the blades were discovered Sunday and were embedded in a slide at Dewdney Pool.

THE CANADIAN PRESS

Skinny dip

U.S. congressman apologizes for nude Galilee swim

A Republican congressman representing Kansas has apologized for embarrassing his supporters by swimming naked at the holy site of the Sea of Galilee while on a fact-finding mission to Israel.

Freshman U.S. Rep. Kevin Yoder, 36, has not been charged in the Aug. 18, 2011 incident when he and about 20 other lawmakers and staff members jumped into the water. Politico reported Sunday that he was the only one among them who wore no clothes.

Yoder said it was dark and he was in the water for only about 10 seconds.

THE ASSOCIATED PRESS

E. coli fears

Supplier recalling romaine lettuce

California produce supplier Tanimura & Antle said Sunday it is voluntarily recalling romaine lettuce that were shipped to 19 U.S. states, Puerto Rico and Canada over fears about possible E. coli contamination. THE ASSOCIATED PRESS

Alberta

Union criticizing unreported farm fatalities

The Alberta Federation of Labour is criticizing the provincial government for no longer reporting farm fatalities.

The union says the move is an example of how "agricultural workers are being erased in Alberta."

"This decision to stop reporting the number and nature of farm deaths helps to hide the real problem — Alberta's deplorable lack of workplace protection for farm workers in the province," union spokeswoman Nancy Furlong said in a release Monday.

THE CANADIAN PRESS

Budget cuts. Liberals look to opposition to support teachers' bill

It's back to school for Ontario's elected politicians as the cash-strapped Liberals try to impose a new contract on teachers who oppose their demands to rein in spending and eliminate some benefits.

The legislature will return Aug. 27 to introduce a bill that would force a two-year deal on tens of thousands of teachers in elementary and secondary schools, government house leader John Milloy said Monday.

If the bill is passed, the government would also have the power to ban a strike or lockout for the next two school years.

But the minority Liberals need the help of one of the opposition parties to pass the legislation. Milloy called on the New Democrats and Progressive Conservatives to "step up" and support the proposed bill.

"I think it's unfortunate that it got to this point," he said. "We've had six months of collective bargaining that's gone on, but I think this legislation reflects the reality of moving forward and I think the opposition will recognize that and vote for it."

THE CANADIAN PRESS

Premier Dalton McGuinty.
THE CANADIAN PRESS FILE

Potential strike?

- The Liberals had threatened to introduce the bill if teachers didn't sign new contracts with school boards by the end of the month, saying the school year could be disrupted by labour strife.
- Two of the province's most powerful teachers' unions, who collectively represent about 93,000 teachers, insist they're not in a legal strike position and that the government is manufacturing a crisis for political gains.

Akin apologizes, but refuses to quit race

Rep. Todd Akin, seen here talking with reporters last week, apologized Monday for saying in an interview that women's bodies can prevent pregnancies in "a legitimate rape." ORLIN WAGNER/THE ASSOCIATED PRESS

'Legitimate rape' gaffe. Republican congressman appears on radio show as party members call for him to drop out of Senate bid

A congressman running for the U.S. Senate apologized Monday for his televised comments that women's bodies are able to prevent pregnancies if they are victims of "a legitimate rape," but he refused to heed calls to abandon his bid for the Senate.

Todd Akin, appearing on former presidential candidate Mike Huckabee's radio show, said rape is "never legitimate."

"It's an evil act. It's committed by violent predators," Akin said. "I used the wrong words the wrong way."

Calls for Akin's exit from the race grew Monday, with at least two Republican senators — Scott Brown of Massachusetts and Ron Johnson of Wisconsin — saying he should resign the party's nomination.

The six-term congressman is the Republican nominee for U.S. Senate, opposing Democratic incumbent Claire McCaskill in the November election.

The election is one of this year's most closely watched races, as it represents one of the Republicans' best chances of defeating a Democratic incumbent as they try to gain control of the Senate.

McCaskill, who is seeking a second term, is considered vulnerable because of her strong ties to President Barack Obama — she was an early supporter in 2008 — and the fact that Missouri is considered an increasingly conservative state.

"The good people of Missouri nominated me, and I'm not a quitter," he said. "And my belief is we're going to take this thing forward and by the grace of God, we're going to win this race."

During the primary campaign, Akin ran TV ads in which Huckabee praised him as "a courageous conservative" and "a Bible-based Christian."

THE ASSOCIATED PRESS

Quoted

"Like millions of other Americans, we found (Akin's comments) to be offensive."

Republican presidential candidate Mitt Romney, who called Akin's comments "insulting, inexcusable and frankly wrong."

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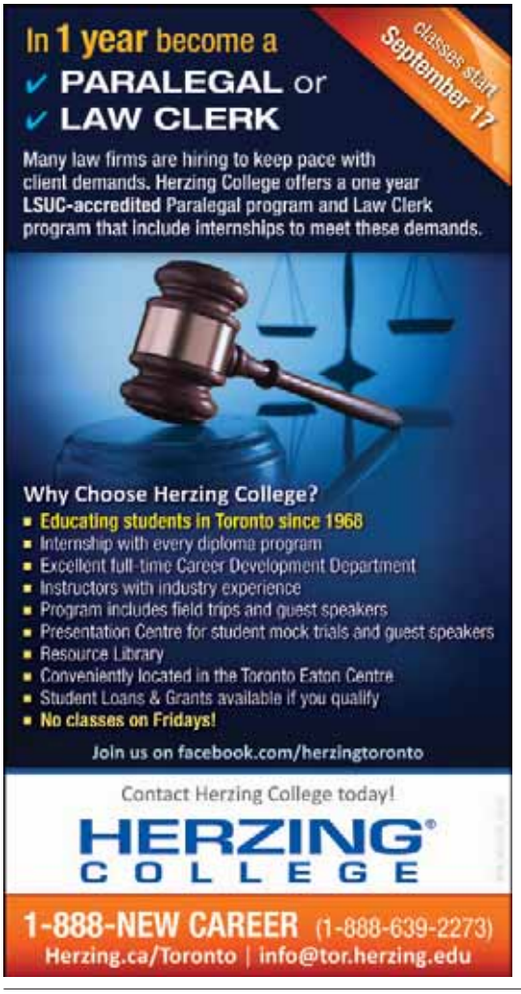
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Pussy Riot. Outspoken Baird soft-pedals on punk band sentencing

The one thing John Baird has rarely done in his 15 months as Canada's top diplomat is sow doubt about where he stands on an issue.

Canada's usually outspoken foreign affairs minister stepped out of character Monday with a low-key response to last week's sentencing of Russian punk band Pussy Riot, which has sparked condemnation worldwide.

Three members of the punk band were sentenced to two years in prison on hooliganism charges for singing a song in Moscow's largest church that criticized President Vladimir Putin. Their trial has been globally denounced as an example of Russia's growing decline in tolerating dissent.

At an event on another topic Monday, Baird spoke cautiously, without naming the band, or the country, when asked about the case.

"Obviously, there's, I think, widespread concern that this was perhaps too much and that were perhaps political considerations. We support around the world independent judiciaries, and we certainly take note of what's happened," he said.

A supporter of the Russian female punk band Pussy Riot.

MICHELLE SIU/THE ASSOCIATED PRESS

Global response

- Key Canadian allies, including the United States, Britain and the European Union, have taken a much tougher stand. They all denounced the sentence as "disproportionate" and questioned Russia's commitment to freedom.

NDP foreign affairs critic Paul Dewar believes Baird is taking a pass on Pussy Riot as part of a broader attempt to thaw icy relations with the Kremlin. THE CANADIAN PRESS

Slain officer remembered

A family member carries the ashes of slain peace officer Rod Lazenby during his funeral in Edmonton on Monday. Lazenby was killed when he responded to a complaint at a dog breeder's property near Priddis, Alta. Trevor Kloschinsky, 46, is charged with first-degree murder.

JASON FRANSON/THE CANADIAN PRESS

Nude photos

Lawyer wants new rules for inquiry

Another battle has erupted over an inquiry into a Manitoba judge whose nude photos are on the Internet.

The independent lawyer leading the inquiry, Guy Pratte, is asking the Federal Court of Canada to limit the actions of another lawyer involved with the hearing, George Macintosh.

Macintosh has cross-examined witnesses on behalf of the five-member panel hearing the inquiry and Pratte says the panel should remain neutral and not "enter the fray." THE CANADIAN PRESS

Manitoba conservation

Officials discover polar bear dens

Manitoba conservation officials have stumbled across a pleasant surprise — a large number of polar bear dens along the Hudson Bay coast near the Ontario boundary.

"We've always known that there are dens in there ... but not to this extent," said Daryll Hedman, the regional wildlife manager for northeast Manitoba.

The discovery could be a sign that the polar bear population in the area is in good shape, at least for now. The province is beginning a three-year study to get more details. THE CANADIAN PRESS

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Carney apologizes for banknote issue

Money problems.
Image of Asian woman removed from original design of new $100 bill after focus groups raised questions

The Bank of Canada has apologized for the way the image of a woman who appeared to be Asian was removed from the initial design of the new $100 banknote. BANK OF CANADA/THE CANDIAN PRESS

Bank of Canada governor Mark Carney apologized Monday for the way the image of an Asian woman was removed from the initial design for new $100 banknotes, promising to review the bank's internal processes.

"I apologize to those who were offended — the bank's handling of the issue did not meet the standards Canadians justifiably expect of us," Carney said in a statement. "Our banknotes belong to all Canadians, and the work we do at the bank is for all Canadians."

The Canadian Press reported last week that the image of an Asian woman was purged from the original design after some focus groups in October 2009 raised questions about her ethnicity.

Some of the participants said the Asian woman did not represent Canada; some said other ethnic groups should be shown as well, says a report obtained under the Access to Information Act.

By the end of 2009, an image of a white-looking woman was substituted in a move bank spokesman Jeremy Harrison said was to restore "neutral ethnicity." The original design never went into circulation.

Spokespersons for the Chinese Canadian National Council called the move "racist," and demanded the bank change its policies to stop "erasing" visible minorities from Canada's money.

THE CANADIAN PRESS

Serving up sweets.
Tennis star Sharapova launches candy line

Maria Sharapova appears for her Sugarpova candy launch at Henri Bendel in New York on Monday. GETTY IMAGES

Tennis star Maria Sharapova is going into the candy business.

The four-time Grand Slam title winner launched her Sugarpova brand of 12 types of sweets on Monday at Henri Bendel in New York City.

At this year's French Open, which Sharapova won, she called Sugarpova "the most exciting project that I've ever done ... because it's my own business, my own investment, my own money."

Sharapova is ranked third heading into the U.S. Open tennis tournament, which starts next week.

THE ASSOCIATED PRESS

Market Minute

DOLLAR $101.17 US (+0.07¢)

TSX 12,706.03 (-13.85)

OIL $95.97 US (-4¢)

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15 KM FROM START TO FINISH

SHE SAYS ...
Jessica Napier
metronews.ca/voices/she-says

Last weekend I celebrated my 27th birthday and I thought I should do something a little different to mark the occasion. Rather than planning a night out of boozing and debauchery with my nearest and dearest, I decided to strap on my running shoes and embark on a 15-kilometre run with hundreds of strangers.

In case you've ever wondered what it's like to pound the pavement non-stop for 15 kilometres, I thought I'd invite you into the mind of an unwilling runner.

Here's what was going through my head every sweaty step of the way:

1 km: I feel great. Am I making this look easy? I think so. Perhaps I should follow Usain Bolt's example and invent a signature finish-line move.

2 km: Getting into the groove now. Running behind a friend whose rhythmic ponytail-swaying is helping me keep a good pace.

New trend?

Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "Instagrunning."

3 km: Ugh. After spending two hours curating a playlist full of perfectly sequenced pump-up jams, my iPod seems to be stuck on shuffle. Also, whatever happened to DMX? Does he still make music?

4 km: I catch up to my friend, who offers me something called a Honey Stinger, a chewy treat designed to give you a burst of energy. Why didn't anyone tell me that there was so much candy involved in running?

5 km: OK, feeling a bit dehydrated now. I probably should have forgotten my pride and purchased one of those lame waistband water-bottle harnesses.

6 km: A HILL? Nobody told me there would be hills!

7 km: Stomach pains. Clearly a salted caramel cupcake wasn't exactly a good pre-race snack.

8 km: Fellow runners are slowing down to take snapshots of the beautiful view along the route. I joke that uploading photos to Instagram while running shall henceforth be known as "Instagrunning."

9 km: Can I make it another six kilometres without having to use one of those questionable-looking porta-potties?

10 km: At the 10-kilometre mark I spot a random road sign that reads "Brake for Snakes." I immediately decide to picture a group of angry snakes slithering behind me and pick up the pace.

11 km: Four more to go and I can't stop thinking about drinking the largest glass of white wine when this is all over.

12 km: Blisters, blisters, blisters, blisters, blisters, blisters.

13 km: Whoops. I accidentally threw a half-full cup of Gatorade in the general direction of a fellow runner. Run faster to avoid eye contact.

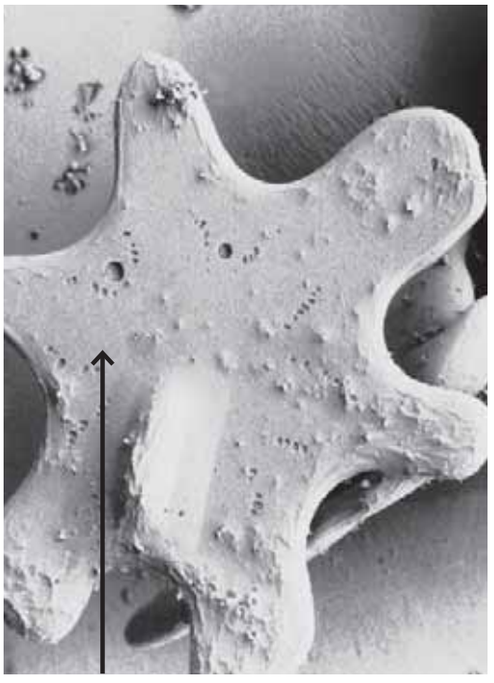
14 km: OK, you can do this. Harder, better, faster, stronger.

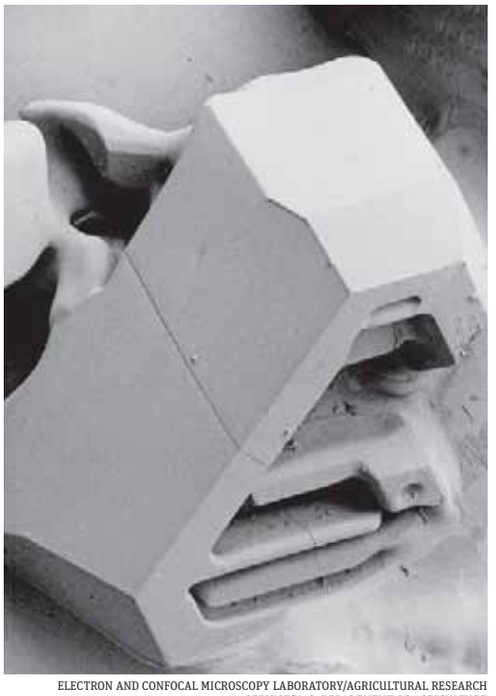
15 km: One hour and 38 minutes later and it's all over!

Someone give me my finisher medal and that aforementioned glass of wine.

During a 15-kilometre race, it's debatable whether your feet are running as fast as your mind. GETTY IMAGES

Snow way ... that's H2O?





ELECTRON AND CONFOCAL MICROSCOPY LABORATORY/AGRICULTURAL RESEARCH SERVICE/U. S. DEPARTMENT OF AGRICULTURE

Snowflake art

Snow pics reveal very odd shapes

One looks like an amoeba, the other looks like something out of a futuristic, otherworldly landscape.

But these are snowflakes and ice crystals captured in stunning high detail.

Taken with a low-temperature scanning electron microscope, the pictures are products of the Beltsville Agricultural Research Center in Maryland.

METRO

Snow in detail

- **Studying snow.** Snow and ice crystals are collected on copper sample plates containing pre-cooled methyl cellulose solution. The plates are plunged into pools of liquid nitrogen, rapidly cooling them to -196 C. They are shipped to Maryland to be held in storage or examined and photographed on a pre-cooled (-170 C) stage of a scanning electron microscope.
- **Objective:** To find out the water content of the winter snow pack. James Foster, a scientist at NASA, explains the science: "Less radiation from the ground is emitted with larger snow crystals as the radiation is more scattered. From this we can determine the thickness of the snow, and ultimately how much water it can hold."
- **Different shapes.** In their basic form, snowflakes are hexagonal in shape. But once they've fallen and interacted with heat or vapour, they undergo metamorphosis. "As a result, we can get really odd shapes," Foster said.

Specialist's view

"These images show that the phrase 'No two snowflakes are alike' is probably true."

James Foster, physical scientist in hydrological sciences at NASA. Foster explained to Metro that all snowflakes are unique because "their histories are slightly different. Everything from vapour, wind and heat affects them in a varying manner, resulting in a unique shape."

Metropolitan Panel

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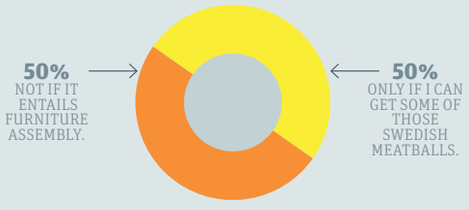
Would you stay at an Ikea hotel?



Twitter

@canakatydid: It looks like Phyllis Diller has indeed past away...may she rest in peace as she now brings laughter to the angels!

@amigs17: Congrats to Condoleezza Rice and Darla Moore, but do they even play golf?? #AugustaNational

@TheHeartOfSimba: #moviesiwontforget any Disney movie from my childhood

@AllextheGr8: AIR France asked passengers for gas money during their stop in Syria, Lmfaoo that's #embarrassing

@beetrix: Aww. RIP Phyllis Diller, and Tony Scott. I'll be humming "Highway to the Danger Zone" all night.

@Arrogant_Twat: If I had hair I would put feathers in it. RIP Phyllis

metro

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tc • MEDIA

5 of the best ensemble films

With The Expendables 2 taking the No. 1 spot at the box office last weekend, we have proof once again that if you pack a ton of high-profile talent into one film, you can't lose. Here we take a look at some of the best high-head count films.

HEIDI PATALANO
Metro World News in New York

1 The Avengers (2012)

The cast: Robert Downey Jr., Scarlett Johansson, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Samuel L. Jackson, Chris Evans, Gwyneth Paltrow, Tom Hiddleston, Cobie Smulders, Stellan Skarsgard

High-power head count: 11

Critical reaction: 92 per cent approval rating on Rotten-Tomatoes.com

What made it great: With a snappy script, skillful performances and powerful action sequences, The Avengers offered a well-rounded meal for hungry comic book fans.

Opening box office take: $207.4 million

2 Pulp Fiction (1994)

The cast: John Travolta, Samuel L. Jackson, Bruce Willis, Harvey Keitel, Uma Thurman, Tim Roth, Ving Rhames, Rosanna Arquette, Eric Stoltz, Christopher Walken

High power head count: 10

Critical reaction: 95 per cent approval rating on RottenTomatoes.com

What made it great: Quentin Tarantino's landmark film resurrected John Travolta's career and became a watershed moment for indie cinema.

Opening box office take: $9.3 million

3 Ocean's 11 (2001)

The cast: George Clooney, Brad Pitt, Julia Roberts, Matt Damon, Don Cheadle, Elliott Gould, Andy Garcia, Casey Affleck, Bernie Mac, Carl Reiner, Scott Kahn

High-power head count: 11

Critical reaction: 82 per cent approval rating on RottenTomatoes.com

What made it great: Funny, stylish, smart and very, very sexy, this heist caper front-loaded with talent made Steven Soderbergh's skill as a director shine that much brighter.

Opening box office take: $38 million

4 The Expendables (2010)

The cast: Sylvester Stallone, Jason Statham, Jet Li, Steve Austin, Dolph Lundgren, Terry Crews, Mickey Rourke, Randy Couture, Bruce Willis

High power head count: Nine

Critical reaction: 41 per cent approval rating on Rotten-Tomatoes.com

What made it great: The first Expendables film may not have found favour with critics, but box office numbers don't lie — audiences loved this over-the-top homage to the action films of the 1980s.

Opening box office take: $34.8M

5 The Royal Tenenbaums (2001)

The cast: Gene Hackman, Ben Stiller, Gwyneth Paltrow, Danny Glover, Bill Murray, Anjelica Houston, Alec Baldwin, Owen Wilson, Luke Wilson

High power head count: Nine

Critical reaction: 80 per cent approval rating on Rotten-Tomatoes.com

What made it great: Director Wes Anderson's quirky film about family dysfunction utilized each actor's strongest talents so well that the film is largely considered his best. A 2008 survey by film magazine Empire named it the 159th best film of all time.

Opening box office take: $8.5 million

On the web

Nicky Deuce, new Nickelodeon kids movie, mobbed up with four former stars of The Sopranos

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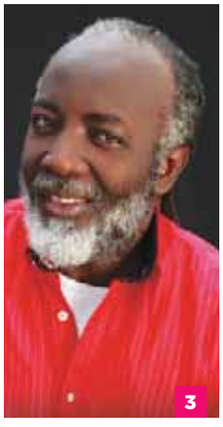

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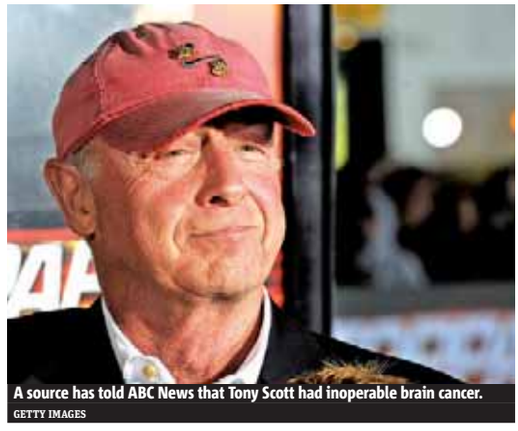
Top Gun director helped create the modern blockbuster

Hollywood reacts. Director Tony Scott, who apparently took his own life, leaves behind a legacy of great films

NED EHRBAR
Metro World News in Hollywood


A source has told ABC News that Tony Scott had inoperable brain cancer.
GETTY IMAGES

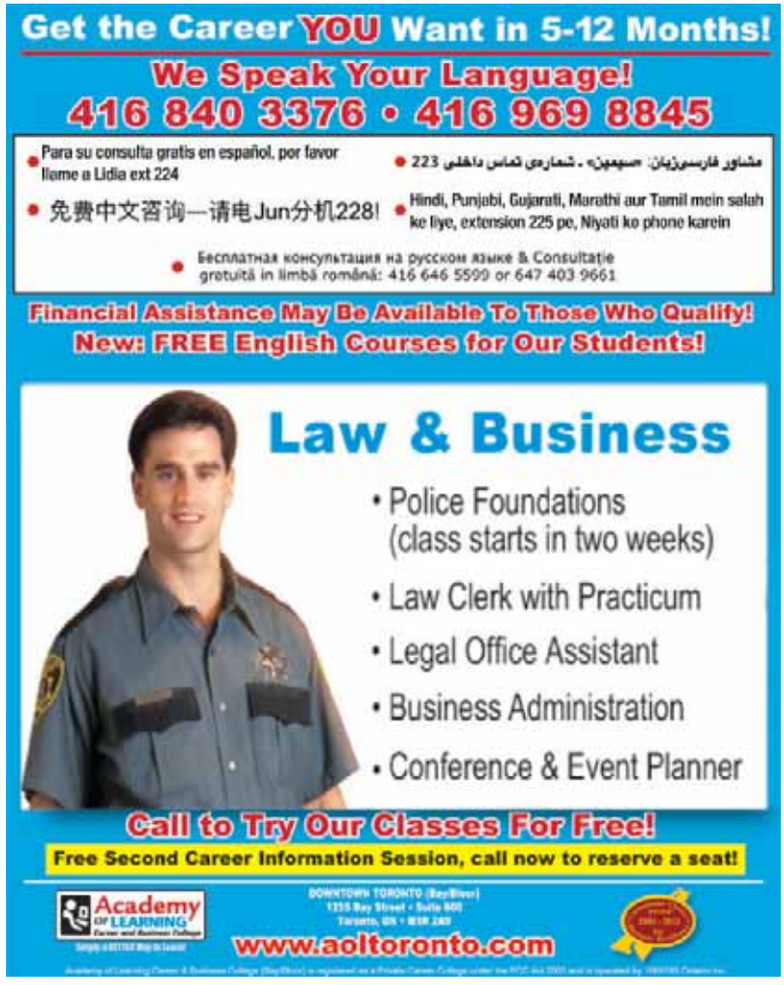
Director and producer Tony Scott died in Los Angeles Sunday of an apparent suicide after jumping from the Vincent Thomas Bridge over L.A. Harbor. He was 68. According to LAPD officials, Scott leapt from the bridge around 12:30 p.m. Contact information left in his Toyota Prius parked nearby led police to his office, where a suicide note was reportedly found. Simon Halls, the publicist for both Tony and his older brother Ridley Scott, confirmed the death, saying, "The family asks for privacy during this time."

A prolific action director, Scott is best remembered for helping to create the modern blockbuster with films like Top Gun, Beverly Hills Cop 2 and the Last Boy Scout. He directed Quentin Tarantino's first film as a writer, True Romance, and developed a successful collaborative relationship with Denzel Washington, whom he directed in five films including his last work, 2010's Unstoppable. In 1995, he and brother Ridley formed Scott Free Productions to produce films and develop television properties like Numb3rs and the Good Wife. At the time of his death, Scott was actively developing new film projects, including a sequel to Top Gun that would feature Tom Cruise reprising the role that helped make him a star.

A source told ABC News that Scott had been diagnosed with inoperable brain cancer.

Twitter reactions

- **Ron Howard (@RealRonHoward).** No more Tony Scott movies. Tragic day.
- **Robert Rodriguez (@Rodriguez).** Tony Scott. Damn. Great knowing you, buddy. Thanks for the inspiration, advice, encouragement, and the decades of great entertainment.
- **Jon Favreau (@Jon_Favreau).** Such sad news about Tony Scott. Heartfelt condolences to his family and friends.
- **Edgar Wright (@edgarwright).** I just woke up to hear about Tony Scott. Can't believe it. As I hope was evident in my work, I was big fan of his. Rest In Peace, sir.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DVD reviews

The Hunger Games

Director. Gary Ross

Stars. Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth

In director Gary Ross's cinematic telling of The Hunger Games story, everything depends on the casting of the book's central figure, Katniss Everdeen. Happily, the character, a resourceful 16-year-old girl living in post-apocalyptic North America, is shrewdly realized by Jennifer Lawrence. From the moment she steps forward as a volunteer games participant (or "tribute"), bravely substituting for her terrified 12-year-old sister Prim (Willow Shields), Lawrence's Katniss is completely convincing as a woodland bow hunter and survivalist. All but the very young can simply enjoy The Hunger Games as a ripping good adventure yarn.

PETER HOWELL

DVD reviews

The Dictator

Director. Larry Charles

Stars. Sacha Baron Cohen, Anna Faris, Ben Kingsley

Sacha Baron Cohen satirizes fascist nut jobs in this comedy from director Larry Charles. Baron Cohen plays a fictional North African dictator, a ruthless military strongman who has usurped his country's throne from its rightful inheritor (played by Ben Kingsley). Cohen is now too famous for his usual shtick, setting his crazed characters — Borat and Bruno — loose in the real world. So he and Charles had to come up with a story using professional actors rather than credulous mooks. Much of The Dictator is like a Mike Myers movie, trading in juvenile slapstick, shock humour and the obligatory airing of naughty bits. And it's often funny.

PETER HOWELL

Arrest

Fight lands rapper in jail

Rapper Juvenile has been arrested on disorderly conduct charges after police responded to a fight at a nightclub in Miami Beach's Fontainebleau Hotel. A Miami Beach police report says the 37-year-old star was in the middle of a fight that broke out early Monday at the hotel's Club Liv. The rapper's real name is Terius Gray. Officials said Gray, of Slidell, La., was jailed on $500 bail.

THE ASSOCIATED PRESS

New era

Ripa to reveal new Live! co-host

The producers of Live! With Kelly say a new co-host will be revealed on the show Sept. 4. Disney-ABC Domestic Television said Monday that Kelly Ripa will officially announce her new partner as he or she joins her on stage that morning. By then, Ripa will have welcomed 59 guest co-hosts since Regis Philbin retired from the show last year.

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Nicki Minaj nabs a chair on American Idol

THE WORD
Monica Weymouth
scene@metronews.ca

American Idol hasn't had any trouble replacing former judges Steven Tyler and Jennifer Lopez with high-profile stars. A month after Mariah Carey signed on, it looks like fellow professional diva Nicki Minaj will take a seat at the judges' table as well.

"I'm not sure the deal is completely done yet, but yes, she is definitely doing it," a show insider tells Us Weekly.

"A few more slight things to sign off on but it is happening."

Our hearts go out to the hair, makeup and pillow-fluffing crews at Idol during this difficult time.

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How to detox the right way

Diet. This summer, health addicts raved about the benefits of detoxes. But is feeding your body nothing but blended fruit and vegetables really good for your health?

ROMINA MCGUINNESS
Metro World News

Unless you've been hiding out in McDonald's all summer, you'll have heard at least one of your friends mention how a juice detox helped them get the best body ever. Generally, people go on a detox because they want to lose weight, debloat or clear their skin. But they're missing the point, Dr. Frank Lipman, who advises Gwyneth Paltrow, tells Metro. "Your main motivation should be your health, not your weight." So is going on a detox ever a good idea? Yes, Lipman answers, as long as you're doing it right.

Why bother to try one?

"If you're going off the rails and have been eating too much crap and feel like you need to push the reset button, then a detox may be the right thing for you. But so many people do it wrong," says Lipman. "The benefits of a good detox include weight loss, higher energy levels, reduced bloating and puffiness, clearer skin, improved digestion and better sleep. It's an entry point into a healthy life."

What is it?

Going on a detox is about removing toxins from the body. Beyond that, it's about getting healthy.

According to Lipman, a truly effective detox is one where you supply your body with the specific ingredients needed to boost its own detoxification system. We have natural detox systems, such as the liver, but these tend to get overloaded by our modern diet and lifestyle. You need to support yourself with fresh nourishing food in order to replenish your system. The gut is a huge source of toxicity as its full of bad bacteria, so a good detox should include plenty of fibre to help remove the bacteria as well as anti-microbial herbs to kill it.

How do you do that?

Process of elimination. A detox isn't just about removing toxicity but eliminating foods from your diet that cause sensitivities or inflammation such as sugar, gluten, dairy, soy, eggs, caffeine and alcohol says Lipman.

Once the detox is over, slowly introduce the foods back into your diet one at a time and see how your body reacts.

"If you don't have a negative reaction, such as severe stomach pain, nausea, headache or fatigue, then you can assume that it's not a problem for you to continue eating these foods."

You have to stick to a detox program for a minimum of 10 days, the length of time it takes for the body to get over food sensitivities and sugar cravings.

So is detoxing dangerous?

"No, it's good to remove the crap in your diet once in a while," confirms Lipman. But it can be a problem if it's not done properly. "Ninety per cent of people go on a detox to lose weight and look good. But if they did do it in the mind set of getting healthy, they would get better results and still lose the weight."

Just reconsider juicing

The problem with a juice detox is that there is only so much time you can spend without solid food, says Lipman. Juicing for a couple of days is fine, but you're not really cleaning out your gut, which is what a detox is all about. You think you're getting skinny, but you're probably gaining weight.

"A juice detox is fine for resting the gut and not taking in gluten, dairy and refined sugar, but a lot of juice detoxes are full of fruit so full of sugar. Too many sugars and not enough nutrients could actually have an adverse effect, triggering weight gain rather than weight loss," Lipman warns. "If you're going to have a juice, make sure it's not 100 per cent fruit, but contains green leafy vegetables such as spinach or kale as well."

Quote

"Going on a detox is like going to a food rehab."

Dr. Frank Lipman
Author of Revive: Stop Feeling Spent and Feel Great Again

Drink it up. THINKSTOCK

Take note. Three things you should know before starting a juice detox

"While your liver, kidney and skin regularly function as your detox organs, they sometimes need a little help because we no longer eat pure, unadulterated foods 100 per cent of the time," says Zoë Sakoutis, founder of the Blue Print Cleanse. She gives us a few pointers.

1 The top five foods to include in a juice are dark leafy greens such as broccoli and kale, as well as lemon, watermelon, cucumber and beets.

2 Nutrients in juice-form can be absorbed and assimilated more easily, so your body isn't spending much energy on digestion, and is able to rest and restore itself whilst being fuelled with raw energy.

3 The benefits of a juice detox include increased energy levels, improved sleeping patterns and better digestion.

METRO

Recipes

Here's three juice recipes from Dr. Lipman's cleanse program. Blend away...

Pineapple Smoothie (serves 1)
- 1/4 cup coconut milk
- 3/4 cup coconut water
- 1/2 cup frozen pineapple pieces
- 1 tbsp shredded unsweetened coconut
- 4 ice cubes

Greena-Colada Avocado Smoothie (serves 1)
- 1 cup frozen pineapple chunks
- 1 cup coconut water (or almond milk or water)
- 1/4 avocado
- 1 tbsp coconut oil
- 2 ice cubes
- 1/4 avocado

Blueberry Pear Smoothie (serves 1)
- 1 large ripe pear, peeled and diced
- 1/2 cup frozen blueberries
- 1 teaspoon vanilla extract
- Pinch of ground ginger
- Juice of 1/2 a lime
- 1/2 cup almond milk
- 1/2 cup filtered water
- 3-4 ice cubes

LIFE 3

On the Web

SuperAgers in 80s have brains similar to those 20, 30 years younger: study

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Best Health

Birth control grows up

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

There are lots of options for birth control. ISTOCK PHOTOS

Still on the pill? There are many more choices available now for women, and in the current issue of Best Health magazine, writer Rhea Seymour checked it all out. Talk to your doctor about what's right for you.

If you're done having kids or positive you don't want them: Essure permanent birth control, a non-surgical procedure, is an alternative to tubal ligation ("having your tubes tied"). In the outpatient procedure, small inserts are placed in the fallopian tubes.

If you often forget to take the pill: Nuvaring is a flexible rubber ring you insert into your vagina once a month. It releases a continuous low dose of the hormones estrogen and progestin, which are absorbed by the body.

If you're looking for another pill alternative: The IUD (intrauterine device) is regaining popularity, as there are better-designed new models than in the past. There is also the new IUS (intrauterine system) that works in a similar way. Your doctor inserts either the small flexible copper IUD or plastic IUS into the uterus. They don't need to be replaced for five years.

To find out about other new methods of birth control, and for more details on how each works, see the current issue of Best Health, and speak to your family doctor.

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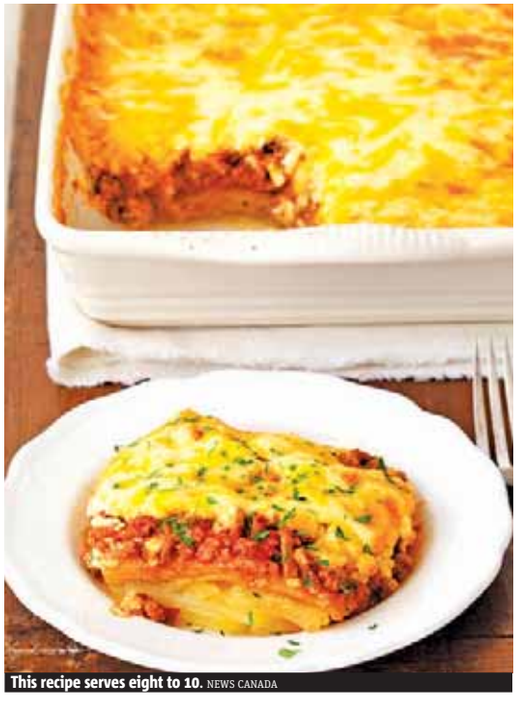

This recipe serves eight to 10. NEWS CANADA

It tastes just like the Italian-style favourite, except this version replaces pasta with sliced Ontario Yukon Gold potatoes. It's a satisfying meal that's quick and easy for kids and parents to prepare.

The adults peel and slice potatoes. Older kids can par-cook potatoes in microwave and cook ground beef. All kids can layer ingredients in baking dish.

1. Preheat oven to 400 F (200 C).

2. In fry pan, cook beef on medium heat, breaking up pieces with back of wooden spoon or spatula. Stir in oregano, garlic. Remove from heat.

3. Place sliced potatoes in bottom of 2.5-quart (2.35 l) baking dish. Cover with plastic wrap. Heat on high 8 minutes or until potatoes in middle of dish are tender when pierced with a fork. Use oven mitts when removing cover.

4. Sprinkle flour on top of potatoes. In a bowl, mix cooked ground beef mix with tomato sauce and spread over top.

5. In bowl, mix cottage cheese, egg and Parmesan cheese. Spread over tomato sauce layer. Sprinkle grated Cheddar cheeses over cottage cheese layer.

6. Bake uncovered 30 minutes, until cheese is lightly browned and sauce is bubbling at edges. Let stand 5 minutes. **NEWS CANADA**

Ingredients

- 1 lb (500 g) lean ground beef
- 1 tsp (5 ml) dried oregano
- 1/2 tsp (3 ml) chopped garlic
- 2 lb (1 kg) Ontario Yukon Gold potatoes, peeled and thinly sliced
- 1 tbsp (15 ml) all-purpose flour
- 1 1/2 cups (375 ml) tomato sauce
- 1 1/2 cups (375 ml) cottage cheese
- 1 egg
- 1/3 cup (75 ml) grated Parmesan or Romano cheese
- 1 cup (4 oz /100 g) grated Cheddar and mozzarella cheeses

Health Solutions

Condiment conundrum

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Everyone likes a burger on a hot summer day!

But most of them pack enough of a calorie bomb without adding insult by condiment.

Be careful what you top your babies with, and be able to enjoy them more often (and for longer).

Don't

- 1 oz grated cheddar cheese adds 119 calories and 9 grams of fat
- 1 tbsp mayonnaise adds 60 to 80 calories and 8 to 12 grams of fat
- Lick's Guck or "special" sauce adds 50 calories and 6 grams of fat

Do

- Mustard adds zero calories, no fat
- Dill pickle adds zero calories and no fat
- Dill pickle relish adds zero to five calories and no fat
- Tomatoes, lettuce, onions and peppers are free and unlimited

Just so you know...

- 1 tbsp ketchup is 20 calories (and one whole teaspoon of sugar)
- 1 tbsp barbecue sauce is 30 calories (and one whole teaspoon of sugar)

Choose wisely. Your abs are watching you.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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There's hope for the dumped

Feedback. Website offers unique method for people to get constructive criticism from their exes

HEIDI PATALANO
Metro New York

For the long list of ways a person can be dumped, unfortunately most often, no actual breakup happens at all. Ending a relationship with unreturned phone calls or unanswered texts is sadly the norm.

Audrey Melnik, CEO of WotWentWrong.com, has had enough of that. Fed up with the anguish she and her friends experienced when they were kicked to the curb with no explanation, she was determined to find a productive and socially acceptable method of getting feedback from those who had ended things.

The result is a website that helps the dumped compose what Melnik describes as a "nonchalant, not clingy" email that politely asks the one who did the dumping for full disclosure.

"The tone that I wanted to set pretty much throughout all of it is: 'I'm not trying to get back together with you; I just want to know so I can not make that mistake in the future and improve the next time,'" Melnik explains.

Users can select from a number of tones — from flippant to flattering, philosophical to sincere — from which to compose their email to the ex-mate from whom they are seeking an answer.

The site provides text like, "Going out with you was fun for me, and I believed for a while that it was also fun for you. Since I haven't heard from you for a while, I'm assuming things have changed. It would really be great if you could give me some feedback on what went wrong."

Customize the message however you see fit, and it gets sent off to the object of your unrequited affection.

Melnik so far has been pleased with the results. Not only has the site helped many daters learn more about their own annoying dating habits, but the anonymously aggregated data that results from using the site has provided some fascinating statistics that will help anyone learn more about modern dating behaviour.

"I think one of the key things that we're discovering is that there are two different facets: either there are certain things that you can learn that you are doing that you can change or there are certain things about you or your lifestyle that aren't things you can change, so it just means you should stop worrying about it," Melnik says.

"Sometimes it's just about finding out that it's not about you, and that can make you feel better."

WotWentWrong.com is hoping to help people like this guy understand why their exes aren't having it anymore. ISTOCK

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Sometimes even the bank screws up too

Alison's money rule.
Follow these four tips to help you deal with those big bank errors

YOUR MONEY
Alison Griffiths
money@metronews.ca

My sister would rather keep her money in a sock than deal with the big banks. Her feelings were confirmed after a recent error was made transferring funds from her old Scotiabank branch to a new one. The result was a number of bounced cheques and considerable embarrassment.

Not expecting any mea culpas, she complained to a teller who ushered her into an account manager's office. Not only did the woman apologize but she offered my sister six months of zero fees on her account.

Boldly, dear Sis said that wouldn't quite cover the NSF fees but the woman could not authorize any more largesse. Enter the branch manager who proclaimed, "let's just do away with your fees permanently."

You can't always get what you want when a bank screws up, but follow these tips to give you the best chance to notice errors and get compensation.

1. Pay attention
There's no way to catch a mistake if you're not checking your account statements and ATM transactions regularly. Be particularly vigilant about transfers, automatic deposits and debits and Internet banking.

2. Marshall your facts
Don't bother starting the complaint process until all facts and documents are at hand. Detail everything you can recall including the dates and confirmation numbers if appropriate.

3. Be prepared to go up the ladder
All bank employees, including branch managers, have limits to what they can authorize. To get more you will have to go higher. Asking for the vice president in charge of consumer services at head office if luck runs out at the branch level. Otherwise you can file a complaint with the Ombudsman for Banking Services and Investments (obsi.ca) For TD and RBC complaints go to ADR Chambers (bankingombudsca.)

4. Hold your temper
Anger and abuse toward employees may make you feel better temporarily but it gives the bank an acceptable reason to stop dealing with you. Be firm, be reasonable then shout up a storm in private.

With billions of bank transactions in Canada annually, mistakes will happen. Do complain even about small mistakes. You could be surprised by the result.

In numbers

864M

Canadians made 864 million transactions at bank-owned ATMs in 2011.

Pay attention! If you don't check your account statements for accuracy, you might miss a bank error. ISTOCK IMAGES

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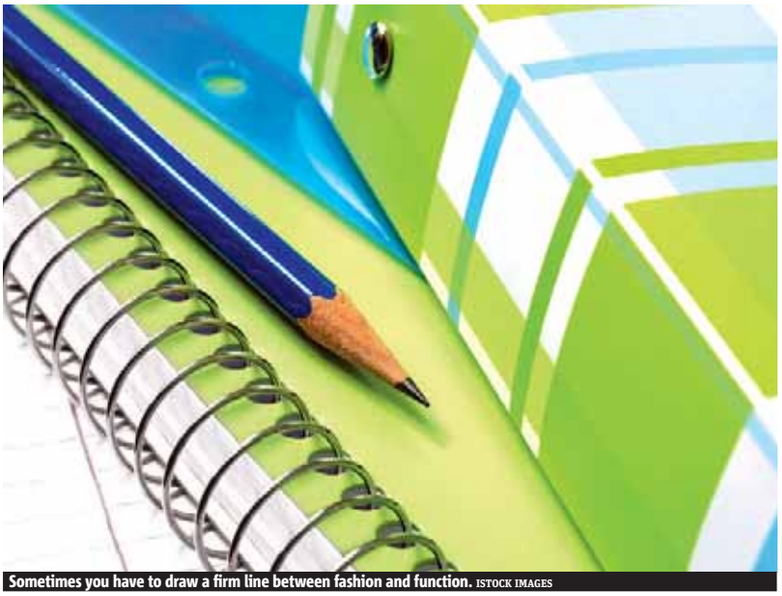
Designer backpacks don't get an A+

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca



Sometimes you have to draw a firm line between fashion and function. ISTOCK IMAGES

Parents across Canada are bracing themselves for hefty back-to-school expenses; totaling up to a whopping $600 per family. If you throw school fees, tuition, computers and other electronics into the mix, the amount can be much greater.

Avoid spending bucket loads of money on school supplies, clothing, and backpacks and use your savings towards your child's RESP, a family trip or other memorable experience.

Before you head to the store, take an inventory of last year's leftover supplies. If the stash of pens, paper, rulers, and calculators are in descent shape, don't replace them. That's a waste of money and bad for the environment.

Cross-reference your child's school supply checklist with the items you still need and prepare a budget in consultation with your child.

This activity allows Junior to learn how a budget is created and hopefully he/she will develop a better appreciation for Mom and/or Dad's limited resources.

When shopping use coupons for EVERYTHING and try to spread out your purchases so there is less pressure on your cash flow.

Steer clear of specialty brands. Though they may not showcase holographic images of Disney's BRAVE, basic supplies can be 'personalized' with inexpensive stickers and designs.

Online shopping can produce further savings because retailers don't have as much overhead costs thus they can pass the savings along to customers.

If you cross the border for travel, buy in bulk from discount retailers or outlet stores.

Don't be afraid to buy high quality used items like desks, computers and clothing.

When I was school-aged, both my parents were upgrading their post-secondary education. For nearly a decade, because of vast tuition expenses and lack of full-time income, our family lived an ultra-frugal lifestyle. When September rolled around, my brother, sister and I relied on freebies, hand-me-downs, libraries and thrift shops for nearly all our school supplies, books and clothing.

When it comes to clothing, don't be afraid to draw a firm line between fashion and function.

If your child wants the latest TOMs shoes, have them pitch in their own money for it.

Another way to manage a child's expectations is to explain budget trade offs; if they want a higher priced backpack, it will be at the expense of a cheaper, and less 'cool' binder.

Whatever you buy, ensure it's high quality so that you won't have to replace it prematurely.

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SPORTS 4

Swing away! Augusta changes stance on female membership

Golf. After 80 years, historic Masters course will finally have women in green jackets

For the first time in its 80-year history, Augusta National Golf Club has female members.

The home of the Masters, under increasing criticism the last decade because of its all-male membership, invited former U.S. secretary of state Condoleezza Rice and South Carolina financier Darla Moore to become the first women in green jackets when the club opens its season in October.

Both women accepted.

"This is a joyous occasion," Augusta National chairman Billy Payne said Monday.

The move likely ends a debate that intensified in 2002 when Martha Burk of the National Council of Women's Organizations urged the club to include women among its members. Former club chairman Hootie Johnson stood his ground, even at the cost of losing Masters television sponsors for two years, when he famously said Augusta National might one day have a woman in a green jacket, "but not at the point of a bayonet."

The comment took on a life of its own, becoming either a slogan of the club's resolve not to give in to public pressure or a sign of its sexism.

"Oh my God. We won," Burk said. "It's about 10 years too late for the boys to come into the 20th century, never mind the 21st century. But it's a milestone for women in business."

Payne, who took over as chairman in 2006 when Johnson retired, said that Rice and Moore were not treated differently from other new members. Even so, he took the rare step of announcing two of the latest members to join because of the historical significance.

Rice, 57, was the national security adviser under George W. Bush and became secretary of state in his second term. The first black woman to be a Stanford provost in 1993, she now is a professor of political economy at Stanford's Graduate School of Business.

"I have visited Augusta National on several occasions and look forward to playing golf, renewing friendships and forming new ones through this very special opportunity," Rice said in a statement released by the club. "I have long admired the important role Augusta National has played in the traditions and history of golf."

THE ASSOCIATED PRESS

Road to acceptance

A person with knowledge of club operations said Condoleezza Rice and Darla Moore first were considered as members five years ago.

- That would be four years after the 2003 Masters, when Martha Burk's protest down the street from the club attracted only about 30 supporters, and one year after Billy Payne became chairman.

A view of the 15th green during this year's Masters tournament at Augusta. SCOTT HALLERAN/GETTY IMAGES FILE

Darla Moore, left, and Condoleezza Rice were announced as the first female members of Augusta National Golf Club on Monday. THE ASSOCIATED PRESS FILE

Does NHL solution lie in revenue sharing?

An Ottawa-based economic think-tank has a solution to the NHL's labour headaches that fans of small-market teams will love, but owners of the league's cash cows will probably loathe — competitive balance through extensive revenue sharing.

With the league's collective bargaining agreement set to expire Sept. 15, owners have proposed a new deal that includes trimming the players' share of revenue from 57 per cent to 46 per cent. While that approach might ensure even money-losing franchises would break even, Glen Hodgson of the Conference Board of Canada says players would never accept it.

And neither would fans.

"The (average) fan says put some revenue-sharing options on the table as a way to get this done," says Hodgson, the board's senior vice-president and chief economist. "(But) that means rich teams are going to have to give up some money."

The board has published several studies on the pro-sports industry in North America, and earlier this year identified the NFL — where 80 per cent of revenues are shared among 32 teams — as the league offering the best balance of profitability and competitiveness.

TORSTAR NEWS SERVICE

Quoted

"(NFL revenues) are pretty simple to share 32 ways. You carve it up and it's a nice boost to your profits. But (it's more difficult) if you're taking the money out of someone's profits."

Glen Hodgson of the Conference Board of Canada. Hodgson says teams like the Toronto Maple Leafs need to determine which is more costly: Losing an entire season's profits every few years to a strike or lockout, or losing a fat fraction of their income every year to maintain labour peace.

Onus on big markets

Hodgson acknowledges that NFL teams share more than $9 billion in annual revenue, including a broadcast deal that pays roughly $4 billion a year.

- In contrast, the NHL's U.S. broadcast deal is worth $200 million annually, meaning revenue sharing would consist of big-time money makers like the Toronto Maple Leafs subsidizing teams like the Phoenix Coyotes.

Mobile sports

His arm still appears strong and he's been able to weather some hard hits, but Peyton Manning and his Denver Broncos have yet to show the ability to pile up the points so far in the NFL pre-season. Scan the code for the story.

Hockey

Danton denied visa to join English team

Mike Danton's attempt to continue his hockey career in England is on hold after border officials refused to grant him an entry visa.

The former NHLer, who served more than five years in a U.S. prison for a failed murder-for-hire plot, had his visa application rejected last week, the Coventry Blaze announced Monday.

Mike Danton
THE CANADIAN PRESS

The team, which plays in the Elite Ice Hockey League, said Danton plans to submit a secondary application.

THE CANADIAN PRESS

CHL

Junior hockey union close to reality

A process that's been more than a year in the making could change the face of junior hockey in Canada forever.

After working in anonymity for almost 14 months, the creation of a Canadian Hockey League Players Association, a de facto union to protect the interests of more than 1,300 junior players, is close to complete.

"We're in the process of making applications to each of the necessary labour boards," CHLPA spokesman Derek Clarke said in an interview Monday.

The CHL consists of 60 teams in the OHL, QMJHL and WHL.

Junior players currently get a $50 a week stipend — along with room and board.

TORSTAR NEWS SERVICE

NFL

"We are trying to address it, and it was just a lot of horseplay that was taken too far."

Prince Amukamara, the second-year New York Giants cornerback who was thrown into a tub of ice by teammate Jason Pierre-Paul. The club insists that was a football tradition and not bullying.

Jenkins' future comes into relief

MLB. Right-hander adjusting nicely to unfamiliar role coming out of bullpen

Heading into this season, the Blue Jays believed that if they happened to run into injuries or underperformance and were in need of a fill-in for their starting rotation, they would be able to reach down to their double-A affiliate in New Hampshire and promote either Deck McGuire or Chad Jenkins, two of their recent first-round draft picks.

But when the Jays lost three starting pitchers in the same week in June and were desperate for healthy arms, McGuire and Jenkins were mired in the worst slumps of their professional careers. Their development had stalled, if not regressed, and they were not ready for the majors.

So when the injuries that started in the rotation rippled through the entire pitching staff and the Jays spun a carousel of minor leaguers in and out of their bullpen throughout June and July, Jenkins' and McGuire's names were never called.

That radio silence ended for Jenkins earlier this month, when he was called up after showing improvement following the all-star break.

But by this time the Jays' holes were in the bullpen, with which Jenkins had zero minor-league experience and only a small taste of in college.

As it turns out, the 24-year-old Georgia native may have been born for the bullpen.

"It's a new experience, but I love it," he said. "Just the fact that every night I just listen to that phone ring and my head snaps around real quick and I'm hoping it's my name."

Until allowing a home run in Sunday's 11-2 loss to the Rangers, Jenkins hadn't given up an earned run. Though it's a small sample size, through eight innings pitched he's given up four hits and owns a 1.12 ERA.

While moving Jenkins to the bullpen was initially viewed as simply an opportunity for him to get his major-league bearings and not part of a long-term plan, Jenkins' success so far should at least raise the question about whether his future could be as a reliever.

If that's the case, Jenkins not only wouldn't mind, he says he'd prefer it.

"I love it. I got to the point in double-A, where I started throwing well again and it'd be like day three of my rotation and I'm sitting there, like, 'Man, I want to throw today; I'm bored. I want to throw.' But I know there's no chance I'm getting into the game. Now it's like every day I've got to be mentally ready, got to pay attention to the game and just hopefully when that phone rings it's my name."

TORSTAR NEWS SERVICE

Quoted

"He's doing well in the role he's in. He's gaining confidence every time he walks to the mound."

Jay manager John Farrell on Chad Jenkins

Jays pitcher Chad Jenkins throws against the Yankees on Aug. 11 in Toronto. PAWEL DWULIT/TORSTAR NEWS SERVICE FILE

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	72	49	.595	—
Tampa Bay	67	54	.554	5
Baltimore	66	55	.545	6
Boston	59	63	.484	13½
Toronto	56	65	.463	16

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	65	55	.542	—
Detroit	64	57	.529	1½
Kansas City	54	66	.450	11
Cleveland	54	67	.446	11½
Minnesota	50	70	.417	15

WEST DIVISION

	W	L	Pct	GB
Texas	70	50	.583	—
Oakland	65	55	.542	5
Los Angeles	62	60	.508	9
Seattle	58	64	.475	13

Monday's results
Kansas City at Tampa Bay
Baltimore at Texas
N.Y. Yankees at Chicago White Sox
Minnesota at Oakland
Cleveland at Seattle
Sunday's results
Baltimore 7, Detroit 5
Texas 11, Toronto 2
Kansas City 5, Chicago White Sox 2
Tampa Bay 8, L.A. Angels 3
Oakland 7, Cleveland 0
Seattle 5, Minnesota 1
N.Y. Yankees 4, Boston 1
Tuesday's games
All Times Eastern
Toronto (R.Romero 8-10) at Detroit (Scherzer 12-6), 7:05 p.m.
Kansas City (Hochevar 7-11) at Tampa Bay (Price 16-4), 7:10 p.m.
L.A. Angels (E.Santana 6-10) at Boston (A.Cook 3-6), 7:10 p.m.
Baltimore (Tillman 5-2) at Texas (Feldman 6-8), 8:05 p.m.
N.Y. Yankees (Nova 11-6) at Chicago White Sox (Liriano 4-10), 8:10 p.m.
Minnesota (De Vries 2-4) at Oakland (Anderson 0-0), 10:05 p.m.
Cleveland (Ro.Hernandez 0-1) at Seattle (F.Hernandez 11-5), 10:10 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout, LAA	99	400	96	137	.343
MiCabrera, Det	121	475	82	157	.331
Jeter, NYY	119	508	74	163	.321
Mauer, Minn	111	413	67	131	.317
Revere, Minn	83	349	46	110	.315
Ortiz, Bos	89	320	65	101	.316
Konerko, ChiW	104	389	51	122	.314
AJackson, Det	99	391	76	121	.309
Fielder, Det	121	440	66	136	.309
AEscobar, KC	117	448	51	138	.308

RBIs — MiCabrera, Detroit, 104; Hamilton, Texas, 102; Willingham, Minnesota, 89; Fielder, Detroit, 88; AdGonzalez, Boston, 85; Pujols, L.A. Angels, 85; ADunn, Chi Sox, 83.
HOME RUNS — ADunn, Chi Sox, 35; Hamilton, Texas, 34; Granderson, N.Y. Yankees, 32; MiCabrera, Detroit, 31; Encarnacion, Toronto, 31; Willingham, Minnesota, 31; Trumbo, L.A. Angels, 29.
PITCHING — Price, Tampa Bay, 16-4; Weaver, L.A. Angels, 15-3; Sale, Chi Sox, 14-4; MHarrison, Texas, 14-7; Vargas, Seattle, 13-8; 7 tied at 12.
STRIKEOUTS — Verlander, Detroit, 180; Scherzer, Detroit, 178; FHernandez, Seattle, 174; Darvish, Texas, 172; Shields, Tampa Bay, 161; Price, Tampa Bay, 159; Peavy, Chi Sox, 150.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	75	46	.620	—
Atlanta	70	51	.579	5
New York	57	64	.471	18
Philadelphia	56	65	.463	19
Miami	55	67	.451	20½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	74	48	.607	—
Pittsburgh	67	54	.554	6½
St. Louis	65	56	.537	8½
Milwaukee	54	66	.450	19
Chicago	47	73	.392	26
Houston	39	83	.320	35

WEST DIVISION

	W	L	Pct	GB
Los Angeles	67	55	.549	—
San Francisco	66	55	.545	½
Arizona	62	59	.512	4½
San Diego	53	70	.431	14½
Colorado	46	73	.387	19½

Monday's results
Atlanta at Washington
Cincinnati at Philadelphia
Colorado at N.Y. Mets
Chicago Cubs at Milwaukee
Miami at Arizona
Pittsburgh at San Diego
San Francisco at L.A. Dodgers
Sunday's results
Cincinnati 5, Chicago Cubs 4
L.A. Dodgers 5, Atlanta 0
Washington 5, N.Y. Mets 2
Arizona 8, Houston 1
Philadelphia 8, Milwaukee 0
Pittsburgh 6, St. Louis 3 (19 innings)
Colorado 3, Miami 2
San Diego 7, San Francisco 1
Tuesday's games
Atlanta (Maholm 11-7) at Washington (Strasburg 14-5), 7:05 p.m.
Cincinnati (H.Bailey 10-8) at Philadelphia (Cl.Lee 2-7), 7:05 p.m.
Colorado (Chacin 0-3) at N.Y. Mets (C.Young 3-6), 7:10 p.m.
Chicago Cubs (Rusin 0-0) at Milwaukee (Estrada 0-5), 8:10 p.m.
Houston (Harrell 10-8) at St. Louis (Wainwright 11-10), 8:15 p.m.
Miami (Nolasco 9-12) at Arizona (Cahill 9-10), 9:40 p.m.
Pittsburgh (A.J.Burnett 15-4) at San Diego (Marquis 6-7), 10:05 p.m.
San Francisco (Lincecum 6-13) at L.A. Dodgers (Blanton 8-11), 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
McCutchen, Pgh	117	441	85	156	.354
MeCabrera, SF	113	459	84	159	.346
Posey, SF	110	391	56	129	.330
DWright, NYM	117	434	73	139	.320
CGonzalez, Col	108	428	78	137	.320
YMolina, StL	103	385	47	122	.317
Holliday, StL	118	455	76	137	.301
Braun, Mil	112	433	78	132	.305
Altuve, Hou	113	452	68	137	.303
Fowler, Col	111	367	66	111	.302

HOME RUNS — Braun, Milwaukee, 33; Beltran, St. Louis, 28; Bruce, Cincinnati, 25; Kubel, Arizona, 25; Ludwick, Cincinnati, 25; McCutchen, Pittsburgh, 24; Stanton, Miami, 24.
PITCHING — Cueto, Cincinnati, 16-6; GGonzalez, Washington, 16-6; Dickey, N.Y. Mets, 15-4; AJBurnett, Pittsburgh, 15-4; Strasburg, Washington, 14-5; Hamels, Philadelphia, 14-6; Lynn, St. Louis, 13-5; Bumgarner, San Francisco. 13-7: Milev. Arizona. 13-8.

FOOTBALL

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	7	4	3	0	160	165	8
Montreal	7	4	3	0	202	213	8
Hamilton	7	3	4	0	207	230	6
Winnipeg	7	2	5	0	159	224	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	7	5	2	0	182	124	10
Edmonton	7	4	3	0	164	134	8
Calgary	7	3	4	0	200	196	6
Saskatchewan	7	3	4	0	180	165	6

WEEK EIGHT
Sunday's result
B.C. 24 Saskatchewan 5

WEEK NINE
Thursday's game
All Times Eastern
Hamilton at Montreal, 7:30 p.m.

SCORING LEADERS
x—scored two-point convert

	TD	C	FG	S	Pts
Whyte, Mtl	0	21	15	4	70
McCallum, BC	0	19	15	2	66
Shaw, Edm	0	15	15	2	62
Palardy, Wpg	0	12	16	2	62
Paredes, Cal	0	18	14	0	60
Milo, Sask	0	16	11	6	55
C.Williams, Ham	9	0	0	0	54
Congi, Ham	0	23	9	1	51
x-Lewis, Cal	7	2	0	0	44
Waters, Tor	0	6	12	1	43
Walker, Ham	7	0	0	0	42
Prefontaine, Tor	0	5	10	3	37
Sheets, Sask	6	0	0	0	36
x-Matthews, Wpg	5	2	0	0	32
Boyd, Tor-Edm	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Dressler, Sask	4	0	0	0	24
Harris, BC	4	0	0	0	24
Lavoie, Mtl	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
Bratton, Mtl	3	0	0	0	18
Brink, Wpg	3	0	0	0	18
Charles, Edm	3	0	0	0	18
Koch, Edm	3	0	0	0	18
Lulay, BC	3	0	0	0	18
Mitchell, Cal	3	0	0	0	18
Owens, Tor	3	0	0	0	18
x-Fantuz, Ham	2	2	0	0	14
Anderson, Mtl	2	0	0	0	12
Bruce, BC	2	0	0	0	12
Burnett, Edm	2	0	0	0	12
Foster, BC	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Gore, BC	2	0	0	0	12
Grant, Ham	2	0	0	0	12
Green, Mtl	2	0	0	0	12
Kent, Edm	2	0	0	0	12

NFL

PRESEASON
Monday's result
Philadelphia at New England
Sunday's result
Pittsburgh 26, Indianapolis 24
Thursday's games
All Times Eastern
Green Bay at Cincinnati, 7 p.m.
Jacksonville at Baltimore, 7:30 p.m.

SOCCER

MLS
Sunday's results
Columbus 2 Houston 2
New York 3 Portland 2
Philadelphia 1 D.C. United 1
Wednesday's games
All Times Eastern
Chicago at D.C. United, 7:30 p.m.
Toronto at Columbus, 7:30 p.m. (rescheduled from Aug. 18)
Friday's game
Real Salt Lake at Philadelphia, 7:30 p.m.

ENGLAND

PREMIER LEAGUE
Everton 1, Manchester United 0

GERMANY

GERMAN CUP
FIRST ROUND
Monday's results
Chemnitzer FC 0, Dynamo Dresden 3
Rot-Weiss Essen 0, Union Berlin 1 (OT)
Sandhausen 3, Energie Cottbus 0
Jahn Regensburg 0, Bayern Munich 4

SPAIN

PRIMERA DIVISION
Monday's Games
Deportivo Coruna 2, Osasuna 0
Rayo Vallecano 1, Granada 0
Zaragoza 0, Valladolid 1

UEFA

CHAMPIONS LEAGUE
QUALIFYING — PLAYOFF ROUND
First Leg
Tuesday's games
All Times Eastern
Spartak Moscow (Russia) vs. Fenerbahce (Turkey), Noon
Basel (Switzerland) vs. Cluj (Romania), 2:45 p.m.
Borussia Moenchengladbach (Germany) vs. Dynamo Kiev (Ukraine), 2:45 p.m.
Helsingborg (Sweden) vs. Glasgow Celtic (Scotland), 2:45 p.m.
Lille (France) vs. Copenhagen (Denmark), 2:45 p.m.
Wednesday, Aug. 22
AEL Limassol (Cyprus) vs. Anderlecht (Belgium), 2:45 p.m.
BATE Borisov (Belarus) vs. Kiryat Shmona (Israel), 2:45 p.m.
Braga (Portugal) vs. Udinese (Italy), 2:45 p.m.
Dinamo Zagreb (Croatia) vs. Maribor (Slovenia), 2:45 p.m.
Malaga (Spain) vs. Panathanaikos (Greece), 2:45 p.m.

CONCACAF

CHAMPIONS LEAGUE
Tuesday, Aug. 21
All Times Eastern
Santos Laguna (Mexico) vs. Aguila (El Salvador), 8 p.m.
Real Salt Lake (United States) vs. Tauro (Panama), 10 p.m.
Xelaju (Guatemala) vs. Chivas (Mexico), 10 p.m.
Wednesday, Aug. 22
FAS (El Salvador) vs. Houston (United States), 10 p.m.
Caledonia AIA (Trinidad and Tobago) vs. Marathon (Honduras), 8 p.m.
Alajuelense (Costa Rica) vs. Tigres

TENNIS

ATP WORLD TOUR

WINSTON-SALEM OPEN
At Winston-Salem, N.C.
Singles
First Round
Thomaz Bellucci, Brazil, def. Marcos Baghdatis, Cyprus, 7-5, 3-1, retired.
Lukasz Kubot, Poland, def. Tommy Robredo, Spain, 6-1, 2-6, 6-2.
Martin Klizan, Slovakia, def. Benoit Paire, France, 6-2, 7-6 (4).
Yen-hsun Lu, Taiwan, def. Lukas Lacko, Slovakia, 6-3, 7-6 (3).
Donald Young, United States, def. Leonardo Mayer, Argentina, 4-6, 6-3, 6-2.
Sergiy Stakhovsky, Ukraine, def. Gilles Muller, Luxembourg, 7-6 (4), 6-4.
Benjamin Becker, Germany, def. Tatsuma Ito, Japan, 6-3, 4-6, 6-2.
Michael McClune, United States, def. Alejandro Falla, Columbia, 6-1, 6-4.
Robin Haase, Netherlands, def. Nikolay Davydenko, Russia, 6-2, 6-3.
Ernests Gulbis, Latvia, def. Carlos Berlocq, Argentina, 6-4, 7-5.
Second Round
David Goffin, Belgium, def. Viktor Troicki (10), Serbia, 3-6, 6-4, 7-5.

WTA

NEW HAVEN OPEN
At New Haven, Conn.
Singles
Sara Errani (4), Italy, def. Bethanie Mattek-Sands, United States, 6-4, 7-5.
Sofia Arvidsson, Sweden, def. Melanie Oudin, United States, 6-4, 6-1.
Nicole Gibbs, United States, def. Alexa Glatch, United States, 6-4, 1-6, 6-4.
Maria Kirilenko (7), Russia, def. Shahar Peer, Israel, 6-2, 6-2.
Mona Barthel, Germany, def. Daniela Hantuchova, Slovakia, 6-3, 7-5.
Dominika Cibulkova (6), Slovakia, def. Anabel Medina Garrigues, Spain, 7-5, 6-3.
Andrea Petkovic, Germany, def. Timea Babos, Hungary, 6-3, 5-7, 7-5.
Olga Govortsova, Belarus, def. Vera Dushevina, Russia, 6-7 (5), 6-4, 6-2.

ATP MONEY LEADERS
Through Aug. 19

1. Roger Federer	$6,023,741
2. Novak Djokovic	$6,022,425
3. Rafael Nadal	$4,997,448
4. Andy Murray	$2,395,110
5. David Ferrer	$2,037,111
6. Juan Martin del Potro	$1,553,318
7. Tomas Berdych	$1,411,927
8. Jo-Wilfried Tsonga	$1,404,249
9. Janko Tipsarevic	$1,229,123
10. John Isner	$1,100,379
Also	
16. Milos Raonic	**$826,955**
33. Daniel Nestor	**$552,397**

WTA MONEY LEADERS
Through Aug. 19

1. Victoria Azarenka	$5,095,643
2. Maria Sharapova	$4,485,533
3. Serena Williams	$3,425,208
4. Agnieszka Radwanska	$3,081,991
5. Sara Errani	$2,081,209
6. Petra Kvitova	$1,765,409
7. Angelique Kerber	$1,554,798
8. Li Na	$1,384,791
9. Roberta Vinci	$1.120.530

GOLF

PGA TOUR

WYNDHAM CHAMPIONSHIP
At Greensboro, North Carolina
Final Round Par 70
(FedExCup points in parentheses)

Sergio Garcia (500), $936,000	67-63-66-66—262
Tim Clark (300), $561,600	63-67-67-67—264
Bud Cauley (190), $353,600	66-65-66-68—265
Chad Campbell (115), $214,933	71-64-65-66—266
Carl Pettersson (115), $214,933	62-68-68-68—266
Jimmy Walker (115), $214,933	66-62-71-67—266
Nicolas Colsaerts, $162,067	67-65-69-66—267
Bill Haas (85), $162,067	68-65-67-67—267
Jason Dufner (85), $162,067	68-67-63-69—267
Harris English (68), $124,800	66-64-68-70—268
Davis Love III (68), $124,800	67-66-66-69—268
Troy Matteson (68), $124,800	64-68-68-68—268
John Merrick (68), $124,800	66-69-67-66—268
Brendon de Jonge (55), $88,400	68-68-67-66—269
Matt Every (55), $88,400	65-66-68-70—269
Richard H. Lee (55), $88,400	66-69-65-69—269
Charl Schwartzel (55), $88,400	67-68-66-68—269
Scott Stallings (55), $88,400	64-70-67-68—269
Bobby Gates (51), $67,600	69-67-65-69—270
John Huh (51), $67,600	69-65-69-67—270
Justin Leonard (51), $67,600	68-68-64-70—270
Angel Cabrera (47), $48,273	67-71-66-67—271
Chris Kirk (47), $48,273	66-69-69-67—271
Graham DeLaet (47), $48,273	**69-67-67-68—271**
Trevor Immelman (47), $48,273	67-68-68-68—271
Rocco Mediate (47), $48,273	70-65-68-68—271
Webb Simpson (47), $48,273	66-63-71-71—271
Tim Herron (42), $36,920	76-61-67-68—272
Rod Pampling (42), $36,920	68-66-70-68—272
Brandt Snedeker (42), $36,920	67-67-68-70—272
Patrick Cantlay, $30,160	70-68-66-69—273
Will Claxton (38), $30,160	69-66-65-73—273
Charles Howell III (38), $30,160	67-69-71-66—273
Heath Slocum (38), $30,160	68-67-67-71—273
Kyle Thompson (38), $30,160	69-67-68-69—273
Nick Watney (38), $30,160	66-69-70-68—273

PGA TOUR

FEDEXCUP STANDINGS
Through Aug. 20

	Points	Money YTD
1. Tiger Woods	2,269	$4,957,158
2. Jason Dufner	2,110	$4,548,104
3. Rory McIlroy	2,092	$4,905,492
4. Zach Johnson	2,019	$4,111,284
5. Bubba Watson	1,777	$4,018,108
6. Hunter Mahan	1,739	$3,720,793
7. Carl Pettersson	1,691	$3,295,796
8. Keegan Bradley	1,670	$3,606,658
9. Matt Kuchar	1,600	$3,606,525
10. Steve Stricker	1,456	$3,046,421
11. Ernie Els	1,447	$3,122,173
12. Justin Rose	1,426	$3,297,250
13. Webb Simpson	1,424	$2,997,505
14. Phil Mickelson	1,373	$2,948,621
15. Scott Piercy	1,304	$2,321,950
16. Luke Donald	1,294	$2,775,491
17. Jim Furyk	1,284	$2,702,205
18. Rickie Fowler	1,246	$2,823,193
19. Brandt Snedeker	1,194	$2,360,939
20. Johnson Wagner	1,181	$2,183,300
21. Bill Haas	1,181	$2,286,771
22. Kyle Stanley	1,177	$2,280,657
23. Bo Van Pelt	1,175	$2,518,605
24. Robert Garrigus	1,155	$2,151,923
25. John Huh	1,123	$2,322,387
26. Dustin Johnson	1,097	$2,094,060
27. Graeme McDowell	1,037	$2,349,879
28. Marc Leishman	1,003	$1,889,041
29. Ben Curtis	997	$2,342,873
30. Mark Wilson	986	$2,019,100
31. Martin Laird	976	$2,139,923
32. Adam Scott	966	$2,189,477
33. Sergio Garcia	935	$1,805,316
34. Louis Oosthuizen	928	$2,066,595
35. Bud Cauley	902	$1,524,546
36. Charlie Wi	901	$1,649,909
37. John Senden	867	$1,483,211
38. Kevin Na	866	$1,911,815
39. Ben Crane	849	$1.648.415

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Baseball. Roger Clemens returning to baseball

Roger Clemens isn't done with baseball quite yet.

Clemens, 50, signed with the Sugar Land (Texas) Skeeters of the independent Atlantic League on Monday and he is expected to start for the minor-league team on Saturday at home against Bridgeport.

"His fastball was clocked at 87 m.p.h.; all of his pitches were working," said Randy Hendricks, Clemens' agent. "He threw a three-inning simulated game after an extensive workout warm-up."

Clemens and Skeeters manager Gary Gaetti have been talking "for months," Hendricks said. Clemens is expected to discuss his decision Tuesday during a news conference in Sugar Land, about 32 kilometres southwest of Houston.

Clemens earned $160 million US and won 354 games in a 24-year career with the Red Sox, Yankees, Blue Jays and Astros. THE ASSOCIATED PRESS

Five-year break

- Clemens, acquitted in June of charges he lied to Congress when he denied using performance-enhancing drugs, hasn't played for a team since pitching for the Yankees in 2007 at the age of 45.

Fellaini propels Everton past Man United

Marouane Fellaini of Everton, right, celebrates scoring a header against Manchester United at Goodison Park Monday in Liverpool, England. United made a losing start to the Premier League season, crashing to a 1-0 defeat at Everton as Robin van Persie endured a dismal debut. The Netherlands striker failed to hit the target after coming off the bench in the 68th minute. MICHAEL REGAN/GETTY IMAGES

Cycling

Judge rejects Armstrong's suit

A federal judge in Austin, Texas, threw out Lance Armstrong's lawsuit against the U.S. Anti-Doping Agency on Monday, a decision that allows the agency's drug case against the seven-time Tour de France winner to move ahead.

Armstrong, who repeatedly has denied doping, claimed in his lawsuit that USADA lacked jurisdiction and its arbitration process violates his constitutional rights.

U.S. District Judge Sam Sparks dismissed the lawsuit as speculative. THE ASSOCIATED PRESS

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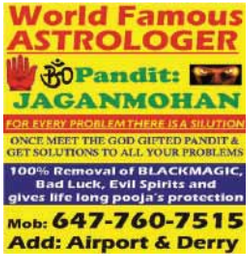
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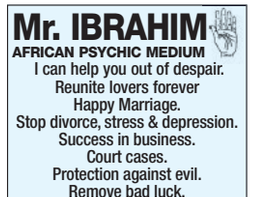

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Horoscopes

♈ Aries
March 21 - April 20
There is no point in working too hard today — in fact it could be counter productive. If you need to burn off some of your excess emotional energy, the best way is through physical activity. Go for a walk.

♉ Taurus
April 21 - May 21
The pace of life will pick up considerably over the next few days, so fasten your seatbelt. Creatively, all things are about to become possible — no goal is beyond you if you want it enough.

♊ Gemini
May 22 - June 21
What you do for other people now, especially for friends and relatives, will determine how things go for you later on. You don't have to be a saint but you do have to realize you are not the only one with desires.

♋ Cancer
June 22 - July 23
There are more than enough unhappy people in the world as it is — don't add to their number. Whatever your problems may be, you are, in fact, one of the lucky few. Shape up and start smiling again.

♌ Leo
July 24 - Aug. 23
Stop looking for reasons to fail and start doing the things that make success more likely. What is your definition of success, exactly? It's not just about money and power. Don't forget spiritual growth.

♍ Virgo
Aug. 24 - Sept. 23
Suddenly you are motivated. Suddenly you want to get out there into the world and make things happen. The Sun's imminent move into your sign will encourage you to believe you have what it takes. And you do.

♎ Libra
Sept. 24 - Oct. 23
According to the planets you are getting close to the point where reality gives way to illusion. Question everything you see and hear today. Most of all, question what your own mind tells you. Can you trust it?

♏ Scorpio
Oct. 24 - Nov. 22
You may not agree with what a loved one is doing but you owe it to them to be supportive. They have assisted you in the past, now you have the opportunity to return the favor. Don't waste it.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity close to the career angle of your chart makes this the perfect time to push ahead with your ambitions. What is it you want most out of life? What is it you dream of being and doing?

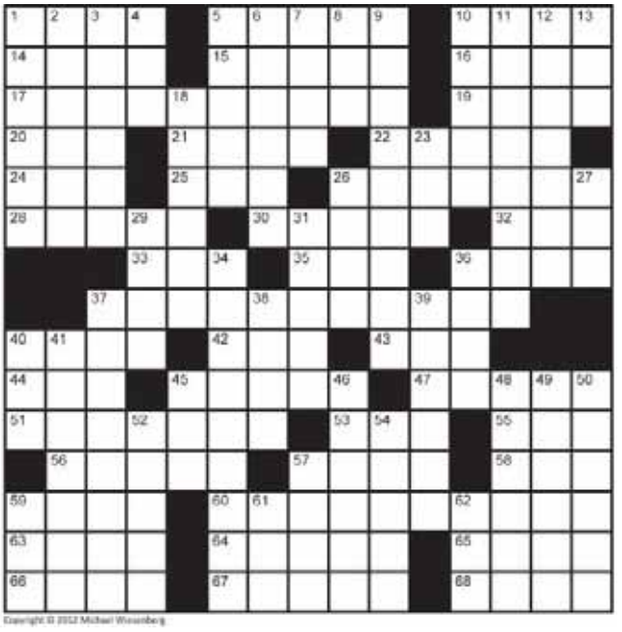
♑ Capricorn
Dec. 22 - Jan. 20
You don't care in the slightest what people think about your words or actions. If they have a problem with any of it, well, that's just too bad. Life is too short to waste time trying to keep everyone happy.

♒ Aquarius
Jan. 21 - Feb. 19
Something has been nagging at your mind for quite a while and will continue to nag until you do something about it. The fact that you have neglected it for so long is irrelevant — it's what you do now that matters.

♓ Pisces
Feb. 20 - March 20
The planets urge you to ignore any and all opposition and to push ahead with your plans. Your critics may be many and vocal but they will soon come around when they see how well you are doing without their help. SALLY BROMPTON

Crossword: Canadian Puzzle

BY MICHAEL WIESENBERG



Across
1. Operatic solo
5. "Sure, I'll handle it!" (2 wds.)
10. Lhasa ___: small dog
14. One of 11-Down: abbr.
15. Slobber
16. Astronaut team
17. Montréal's ___ Seaway (2 wds.)
19. *Elizabeth* star Blanchett
20. Can. neighbor
21. Sharpen
22. Tax month
24. *The Da Vinci Code* director Howard
25. Beatles hit "___ Loser" (2 wds.)
26. Canada's most populous province
28. Break up the romance (2 wds.)
30. Dispatches
32. Ending meaning "kind of"
33. Club ___ :vacation destination
35. ___ Croix, Que.
36. Wagers
37. Northwest ___
40. "Confound it!"
42. Consumed
43. Whirlpool site
44. Serpentine seafood
45. Assent
47. Experiences pain
51. Stampeders home
53. Duo
55. Computer key: abbr.
56. "___ far, far better thing that I do ...": Dickens' *Tale of Two Cities* (3 wds.)
57. "Whole Lotta Shakin' ___ On"
58. Pontiac muscle car of the '60s
59. Russian mountain range or river
60. Grammy and Juno award winning French-Canadian singer (2 wds.)
63. Plummeted
64. School: Fr.
65. About, in contracts (2 wds.)
66. Versified tributes
67. Distributed seeds
68. Beaver projects

Down
1. Allay one's fears
2. Points the finger at (someone) (2 wds.)
3. Vancouver ___: Victoria's location
4. Alias
5. Computer data holder: acronym
6. Stadiums
7. Not one
8. ER worker, for short
9. Poisonous flowering evergreen shrubs
10. Ghana's capital
11. Provinces between BC and 26-Across, familiarly
12. The tunes a band plays at a concert (2 wds.)
13. Be in debt
18. Procol Harum's "A ___ Shade of Pale"
23. Halves of qts.
26. Aware of
27. Cries of insight
29. "... ___a man with seven wives" (2 wds.)
31. ___ Lauder : cosmetics and fragrance brand
34. Hotrod showdowns (2 wds.)
36. Belle's boyfriend
37. Yarn-spinner's forte (2 wds.)
38. Humble response to "Good job!" (2 wds.)
39. "There's an app for that" device
40. Xmas mo.
41. Televised again
45. Small batteries
46. Star: Fr.
48. Provincial capital whose name means "queen"
49. Loud weather phenomenon, as shortened in weather reports
50. Teacakes
52. Underwater breathing organs
54. ___ and dined: treated lavishly
57. Aura
59. Flying saucer
61. "Green" prefix
62. Performed

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2		9			
	4						1	
1		6				7		3
		1	9	8	7	5		
6								8
		8	3	6	5	4		
7		3				2		6
	2						4	
			7		1			

Yesterday's Sudoku

Today 24°/15° Partly cloudy
Wednesday 28°/16° Mainly sunny
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The Weather Network HD
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